

# HENRY Newsletter for Schools

February 2023



## Updates from Kingston's HENRY Coordinators

A warm welcome to our second edition of the HENRY newsletter to schools. We are Sallie, Gemma and Jen and we coordinate and plan HENRY programmes and workshops across the borough. We are delighted with how HENRY continues to grow within Kingston and are grateful for the support of schools to promote and refer parents/carers to the programmes.

### **BRITE boxes**

Exciting news to share is that now every family who joins a HENRY Growing up programme is offered 6 weeks' worth of BRITE Boxes. BRITE Box is a weekly recipe meal kit which contains all the ingredients for a family to prepare and cook a healthy, balanced meal together. If your school don't already receive them, BRITE box will be in contact with the school to offer guidance on how the scheme works.



### **HENRY RER TRAINING**

Interested in being able to better support parents and referring them into HENRY? In Kingston HENRY 'Raise, Engage and Refer' training is available. If you are interested in this please let us know so we can put your name forward to be sent further information.

You can contact us at [henry@yourhealthcare.org](mailto:henry@yourhealthcare.org) if you would like guidance or support.

## A reminder of what HENRY is all about

**The Kingston School Health Team deliver the HENRY Healthy Families: Growing up programme (an 8 week online programme for the parents/carers of children aged 5-12, the Health Visiting Team also offer a programme for parents of 0-5's).** Where families have children under and over 5 years of age we discuss with them which programme would be the best for their family. If parents aren't sure if the programme is for them, they can come along for a taster session to check it out.

To find out more about what HENRY in Kingston is all about: [HENRY in Kingston information](#)

## Upcoming HENRY Healthy Families Growing up 8 week programmes:

### **Friday morning group:**

10.00-11.15am

**Taster session:** 24<sup>th</sup> Feb 23  
**Dates:** 3<sup>rd</sup> March – 5<sup>th</sup> May  
**Break:** two weeks over Easter

### **Wednesday evening group:**

7.30-8.45 pm

**Taster session:** 22<sup>nd</sup> Feb  
**Dates:** 1<sup>st</sup> March – 3<sup>rd</sup> May  
**Break:** two weeks over Easter

Additionally, we will have 2 more groups running starting after Easter.

These will be on a Tuesday morning and Friday morning.

More details to follow in the next newsletter.

## Top tips for signposting and referring parents to HENRY

### Who might benefit from a HENRY Programme or Workshop?

Anyone who has a baby or young child aged 0 to 12yrs. Every family will benefit in some way. As staff working in schools you may be the first point of contact for parents to voice concerns or parenting struggles. HENRY supports physical and emotional wellbeing, and healthy eating, physical activity, portion sizes, screen time, looking after yourself, exploring feelings, and managing challenging behaviour as some key themes.

### What can you do to help?

- **Promote** the programmes and workshops to families in your setting such as, sending out the HENRY parent newsletter, adding info in your own school newsletter, and displaying the provided posters and leaflets. If you have a social media page you can follow HENRY on Facebook page and share their posts with your families.
- **Signpost** families to the HENRY team. Leaflets and posters have been delivered to Schools. Please let us know if you need more. Families may not be ready to commit to a programme or may want some further information. They can contact us via email at [henry@yourhealthcare.org](mailto:henry@yourhealthcare.org)
- **Refer:** Professionals and parents can refer to programmes and workshops by completing our electronic referral form via the QR code.



## What do parents say who have completed the HENRY programme

- I enjoyed that I was not being 'told what to do', but instead we had discussions around what would work for my family.
- The food boxes are brilliant.
- It was great to learn about using praise with my family, and limiting screen time.
- We now eat together as a family more, and bedtime is calmer.
- We listen to each other more, I feel happier as a parent, I look after myself and my family better.
- The possibility to talk and listen with other parents, getting ideas to cope with difficulties.

## Useful links

[www.henry.org.uk](http://www.henry.org.uk)

[Connected Kingston](#)

[www.nhs.uk/healthier-families/](http://www.nhs.uk/healthier-families/)

[Physical activity guidelines - GOV.UK \(www.gov.uk\)](http://www.gov.uk)